

Finding silence ? - J. Krishnamurti

If you have followed this inquiry into **what is meditation**, and **have understood** the **whole process of thinking**, you will *find that the mind is completely still*. In that **total stillness** of the *mind*, there is **no watcher**, **no observer**, and **therefore no experiencer** at all; there is no entity who is gathering experience, which is the **activity** of a **self-centred mind**. **Don't say**, "That is **samadhi**"— which is **all nonsense**, because you have **only read** of it in some book and **have not discovered** it for yourself. There is a vast difference between the word and the thing. The *word is not the thing; the word door is not the door*. So, **to meditate** is to **purge** the *mind* of its **self-centred activity**. **And if you have come this far in meditation**, you will find there is **silence**, a **total emptiness**. *The mind is uncontaminated by society; it is no longer subject to any influence, to the pressure of any desire. It is completely alone, and being alone, untouched, it is innocent. Therefore there is a possibility for that which is timeless, eternal, to come into being.*

This whole process is meditation.

The Book of Life, December 29, Harper San Francisco, 1995